

RSC-Senior Advanced Strength Training with Jody

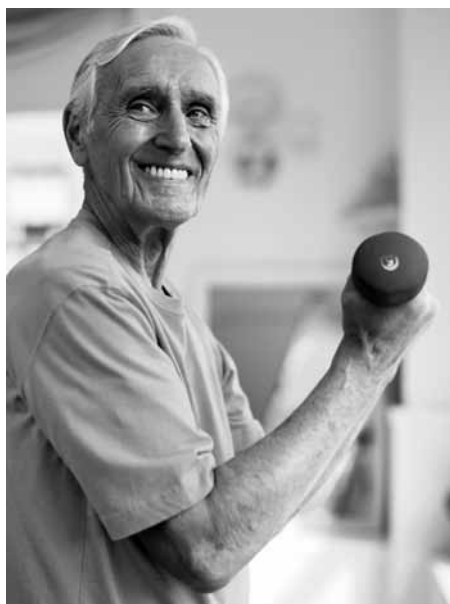
Now is your chance to get individual fitness coaching from our great fitness instructor, Jody Martin. This small class is designed to challenge, strengthen, sculpt and increase lean muscle tone. Learn new techniques using weights, bands, tubing and body balls. It will feel like you have a personal trainer in this small group setting which incorporates a circuit-training format. Come join the fun, get lots of individual attention, and build a stronger body! Please bring an exercise mat and water bottle. Eight sessions each month, maximum class size 10.

Instr: Jody Martin

Loc: Senior Center Multipurpose Room

Age: 18+ yrs.....Fee: \$51S/\$51R/\$61N

38166	Tue,Thu	Sep 6-29	8-8:45am
38167	Tue,Thu	Oct 4-27	8-8:45am
38168	Tue,Thu	Nov 1-29	8-8:45am
38170	Thu,Tue	Dec 1-20	8-8:45am



RSC-Senior Cardio

Designed to improve your agility and cardio-respiratory endurance through the use of low impact and easy dance movements. Set to upbeat music, this class is sure to be lots of fun! Offered for ages 50+. Fee is based on the number of opportunities to exercise each month. Please bring an exercise mat and a water bottle.

Instr: Jody Martin

Loc: Senior Center Multipurpose Room

Age: 50+ yrsFee: \$23

34869 Mon,Wed Sep 7-26 10:15-11am

Age: 50+ yrsFee: \$34

34870 Mon,Wed Oct 3-31 10:15-11am

Age: 50+ yrsFee: \$30

34871 Mon,Wed Nov 2-30 10:15-11am

Age: 50+ yrsFee: \$13

34872 Mon,Wed Dec 5-12 10:15-11am

RSC-Senior Strength

Designed to improve your balance, strength and muscle tone. With the use of a chair, light weights and tubing, you will learn specific exercises to work all the major muscle groups in your body. Offered for ages 50+. Fee is based on the monthly number of opportunities to exercise. Please wear comfortable clothing and bring a water bottle. Register early. This class does fill up quickly!

Instr: Jody Martin

Loc: Senior Center Multipurpose Room

Age: 50+ yrsFee: \$29

34885 Tue,Thu Sep 1-29 9-9:45am

Age: 50+ yrsFee: \$26

34886 Tue,Thu Oct 4-27 9-9:45am

Age: 50+ yrsFee: \$23

34887 Tue,Thu Nov 1-29 9-9:45am

Age: 50+ yrsFee: \$14

34888 Tue,Thu Dec 1-13 9-9:45am

RSC-T'ai Chi Chuan - Beginning

Learn the slow and graceful movements of T'ai Chi Chuan. Our instructor, Stefanie Russell, teaches traditional Yang Family T'ai Chi Chuan, the most commonly practiced style throughout the world today. Daily practice of T'ai Chi Chuan ultimately leads one to self-development, self-healing and harmony with the universe. Benefits include improved strength, coordination, posture, concentration and general energy level. T'ai Chi also aids in memory enhancement, improves breathing and relieves stress.

Instr: Stefanie Russell

Loc: Senior Center Room 109

Age: 18+ yrs.....Fee: \$42S/\$42R/\$48N

34771 Thu Sep 8-29 11:15am-12:15pm

34772 Thu Oct 6-27 11:15am-12:15pm

Age: 18+ yrs.....Fee: \$47S/\$47R/\$56N

34773 Thu Nov 3-Dec 8 11:15am-12:15pm



RSC-T'ai Chi Chuan - ongoing

For student that have completed the introductory series and wish to continue to practice together. Instructor permission required.

Instr: Stefanie Russell

Loc: Senior Center Multipurpose Room

Age: 18+ yrs.....Fee: \$32S/\$32R/\$36N

34793 Thu Sep 8-29 10:15-11:15am

Age: 18+ yrs.....Fee: \$42S/\$42R/\$48N

34794 Thu Oct 6-27 10:15-11:15am

Age: 18+ yrs.....Fee: \$47S/\$47R/\$56N

34795 Thu Nov 3-Dec 8 10:15-11:15am

TRX®

Suspension Training

Suspension Training® is an exercise modality that builds full-body power, strength, balance, flexibility and mobility. This system also stabilizes and strengthens your core with each and every exercise! Using your own body weight as leverage, the exercises allow your muscles to work together in groups providing a safe low impact full body workout. This training is now being incorporated in high performance sports training within in the NFL, NBA, MLB and NHL.

For class times and information, see page 35.



RSC-Walk with Ease Program, Arthritis Foundation

Whether you don't know how to get started or you can't find the time, Walk with Ease can help you take the first step toward making exercise a habit. The Walk with Ease program:

- helps you develop a walking plan that meets your particular needs,
- helps you stay motivated, helps you manage your pain, and
- teaches you to exercise safely.

It is an important part of helping keep your muscles strong and your joints stable. Walk with Ease will help boost your energy, reduce your stress and control your weight.

The Walk with Ease materials are based on programs which have been successfully implemented in research settings and have resulted in such benefits as increased physical activity, increased walking distance and speed, decreased pain and decreased depression.

Co-Sponsored by the Arthritis Foundation

Instr: Senior Center Staff

Loc: Senior Center Room 107

Age: 50+ yrs.....Fee: \$12

38161 Mon, Wed, Fri Sep-Oct 21 10:30-11:30am

Bill Burns



At 46, I changed my career focus from the software industry to the fitness industry. This change began when I was diagnosed with severe narcolepsy. I discovered when I exercised, my narcolepsy symptoms would recede. As a personal trainer, I have the opportunity to not only help myself but to help others take back control of their lives.

Mobility, Strength and Balance Training • NEW!

This class is designed to improve your mobility, strength and balance using the TRX Suspension Training System. You'll learn how to use your own bodyweight as the resistance used in your strength training. You will work on improving your balance in a safe and well supported environment. We will custom fit a variety of mobility exercises that will take into account how you move and the things you do on a daily basis. Best of all, you are in complete control of the exercise intensity throughout the entire session. Keep in mind that the work you do in this class (and beyond) can decrease your risk of falling thus reducing your risk of osteoporosis-related fractures. To get the most out of this class, please wear comfortable clothes, wear supportive shoes, bring a mat and bring a water bottle.

Instr: Bill Burns

Loc: Anderson Park Adair House

Age: 17+ yrs.....Fee: \$33R/\$40N

37995 Fri, Wed Sep 2-30 12-12:45pm

Age: 17+ yrs.....Fee: \$30R/\$36N

37996 Wed, Fri Oct 5-28 12-12:45pm

37998 Fri, Wed Dec 2-30 12-12:45pm

Age: 17+ yrs.....Fee: \$27R/\$32N

37997 Wed, Fri Nov 2-30 12-12:45pm

TRX Suspension Training • NEW!

This class will be taught by a Personal Trainer that is a certified TRX Suspension Instructor. Please wear appropriate athletic clothes and athletic supportive shoes and bring a mat and a water bottle.

Instr: Bill Burns

Loc: Anderson Park Adair House

Age: 17+ yrs.....Fee: \$40R/\$48N

37974 Wed, Mon Sep 7-28 6-7pm

37977 Mon, Wed Dec 5-28 6-7pm

Age: 17+ yrs.....Fee: \$50R/\$60N

37987 Thu, Tue Sep 1-29 7-8am

37975 Mon, Wed Oct 3-31 6-7pm

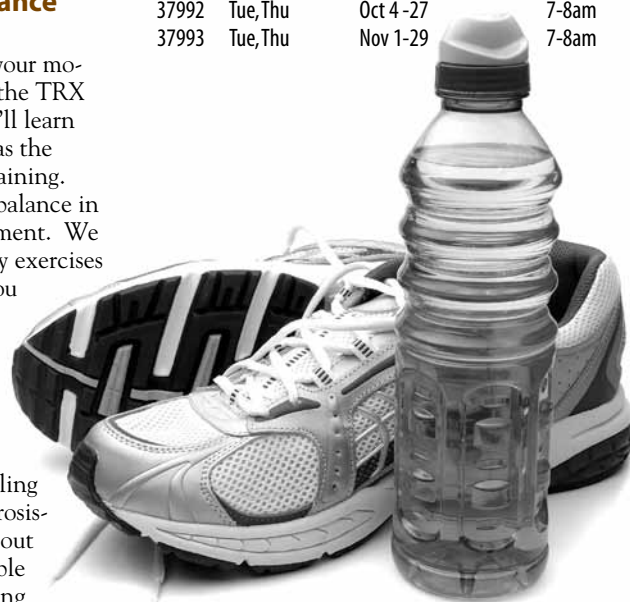
37976 Wed, Mon Nov 2-30 6-7pm

37994 Thu, Tue Dec 1-29 7-8am

Age: 17+ yrs.....Fee: \$45R/\$54N

37992 Tue, Thu Oct 4-27 7-8am

37993 Tue, Thu Nov 1-29 7-8am



HOW TO READ CLASS INFORMATION

Adult Trail Ride *Class name* *Description*

This program is designed for the recently experienced adult horsemen. The trail ride through the forest at Farrel-McWhirter is unique and invigorating.

Loc: Farrel-McWhirter Park Barn *Location*

Age: 18+ yrs.....Fee: \$35S/\$35R/\$42N

Senior Fee *Resident Fee* *Non-Resident Fee*

30569 Fri Apr 23 4:10-5:30pm

Class # *Class Days* *Date* *Class Time*